

THREE STEPS ON THE ROAD TO RESTORATION TO BETTER HEALTH-21 DAY CLEANSING PROGRAM

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DISCLAIMER

The information provided is not a replacement for professional advice or care. If you require nutritional, medical, or other expert services, please seek appropriate professional care. The Immanuel SDA Church, Samoa takes no responsibility for the unauthorized use of this program and is not liable or held accountable for any damages arising from or in association with the application of any information contained in this Cleansing Program.

Note that the focus of this program is not for treatment of one's ill health but rather is to be used as the starting point to make necessary positive changes to living a healthier holistic lifestyle. It is to be used in conjunction with the application of God's 8 Natural Laws of Health – NEWSTART which the Health & Temperance Team will go through with you during the initial Consultation.

N-nutrition – eat a balanced diet
 E-exercise – 30 minutes per day
 W-water – drink clean water-8 glasses/day
 S- Sunshine – 15 mins. exposure/day
 T-temperance – practice self control in all things
 A-fresh air – breathe in pure air
 R-adequate Rest – 8 hours rest /day
 T- Trust in Divine Power

It is very important that you attend a consultation session with the Health & Temperance Team BEFORE YOU START THIS CLEANSING PROGRAM.

IF YOU SUFFER FROM ANY ILLNESS, PLEASE TALK TO YOUR FAMILY DOCTOR FIRST.

The following is an outline of a health program facilitated by the Immanuel SDA Church Lalovaea, Samoa.
 This educational material is to be used at the discretion of the individuals participating in it for their private use and does not take the place of their preferred health professional.

This program is broken into three steps in this outline for the purpose of explaining the various parts of the program. The first two "steps" actually happen simultaneously for the first three days in preparation for the third step or full program.

IMPORTANT THINGS YOU NEED TO KNOW BEFORE YOU START THE CLEANSING PROGRAM

(a) During the program, you will need to stop consumption or use of anything that will put toxins into your body. This includes all flesh food, coffee, caffeinated tea, soda's, smoking and alcohol. If you are on prescribed medication, then please talk first to your Family Doctor.

During the consultation, you need to

Based on this information, the Health Team will advise whether or not this program is for you and can suggest alternative treatments.

(c) If you have high blood pressure, liver/kidney problems or sugar diabetes, please talk first to the Health & Temperance Team. It is also advisable that you seek help from your preferred health professional or Family Doctor.

THE FIRST 4 DAYS: (FOCUS ON ONE DAY AT A TIME TO HELP ACHIEVE PROGRESSIVE STEPS FORWARD)

During these 4 days, your body will be doing its part in healing.
To get the full benefit of the cleansing, it is a good idea to include the following as these all assist in removing toxins from the body:

1. Exercise – at least 30 minutes per day;
2. Body Steaming in the evening– have a sauna (15 minutes) followed by a cold shower or a Steam Bath– Prepare a quiet area away from any draft. In a large basin, add some lemon or lime leaves to fill the basin. Pour hot water onto the leaves. Place yourself beside the basin (minimal clothes on) and cover your whole body with a blanket/towel/thick sheet for 15 minutes. Drink water while doing this to hydrate your body;
3. Enjoy a relaxation full body massage after you do the body steaming;
4. Get enough rest and relax-avoid stress!
5. Trust in Divine Power-prayer works and is a powerful means to communicate and receive daily life & strength from our Heavenly Father.

DAY BEFORE STARTING THE PROGRAM – Eat your last heavy meal by 3pm.

Step One Cleanse the Body (3 day program)

DAY 1 TO DAY 3

Begin with a cleanse focusing on these areas:

- (1) Blood
- (2) Colon
- (3) Organs

This thorough cleansing can be simply done by taking:

- (A) a solution of isotonic water early in the morning;
- (B) Followed by **vegetable juice and fruit smoothie** at intervals throughout the day.

Isotonic water is a total body cleanser that affects all the organs of elimination and digestion positively.

Isotonic solution – USE ONLY IF YOU NOT RECOMMENDED IF YOU HAVE VERY HIGH BLOOD PRESSURE AND/OR LIVER /KIDNEY PROBLEMS

COMBINE: 1 tablespoon Sea Salt (non-iodised/unrefined) dissolved in
 2 CUPS Hot/boiling water
 4 CUPS Cold water
 Juice of 1-2 lemons
 Optional – add 2-3 slices of ginger: helps overcome nausea

You may drink 1 cup of fresh ginger tea – i.e. 1 cup warm water with 2-3 slices of ginger or even 1 cup of lemongrass tea before drinking the Isotonic solution – this prevents nausea)

Drink isotonic solution within ½ an hour. Your bowels should move within ½ hr to 1 hr of drinking. Expect to have 2-3 movements and to sit for 30 minutes for each movement.

OPTIONS INSTEAD OF ISOTONIC SOLUTION

- 3 Tablespoons virgin coconut oil – drink upon waking in the morning (Made by the Women in Business Foundation and sold in a green bottle)
- OR buy an ENEMA KIT from your local pharmacy – follow instructions on kit
- OR Prune Juice (only if you don't have sugar diabetes)
- OR JUST START BY EATING HEALTHY – FRESH FRUITS & VEGETABLES

OR: GENTLE FLUSH

2-4 cups of warm water with the juice of 3-4 limes/lemon upon waking in the morning. This will help flush out toxins first thing in the morning

DAY 3: EVENING

On the third evening of the cleanse, a **liver/gallbladder formula** is given, which effectively flushes these vital detoxifying organs and eliminates accumulated waste and stones from the gallbladder. This will prepare the way for a cleansing and building of the tissues by proper hydration (water fluid levels).

Liver/Gall-bladder flush

BLEND: ½ C Extra Virgin Olive Oil with ½ C of fresh Lemon/Lime juice (may also use grapefruit).
Note: use olive oil that has been refrigerated as this helps make it easier to drink.

Step Two: Hydrate the Body

Everything in the body takes place in a water environment. At the cellular level, all the body's energy production, tissue repair, communication, proper division etc. depend on proper water intake and balance. Without adequate water levels, death (whether slowly or quickly) will result. Dehydration is a more common ailment than the common cold. The effectiveness of any dietary/health program is only as good as the hydration level of the individual (i.e. your health or recovery is directly related to your water usage).

HOW MUCH WATER DO I NEED TO DRINK PER DAY?

Follow the normal formula for water intake (which is your body weight in kilos, times 30 mls. E.g. 70kg x 30 mls = 2.1 L or alternatively half your body weight in ounces. – 100lb = 50oz). Please note, water intake should exceed your recommended daily intake upon increased sun exposure and after strenuous physical activity.

Step Three: Build Your Body

Fresh Fruit and Vegetable Juices.

Liquids, since they are in a fluid state, bypass the need for digestion (since there is no fiber to be removed) and are quickly assimilated and enter the bloodstream. This takes place after only a few minutes (10-15mins.) compared with hours needed for proper digestion. These delicious juices supply wonderfully the needs of the system and promote cleansing and strengthening of the cell, tissues, organs and systems of the body. By these means the internal environment is changed (acid balance, toxicity), making the body a place not conducive to disease and harmful bacterial growth. The nutritional worth of months or years of proper diet can be ingested in liquid form in a relatively small amount of time. The incredible restorative nature of plant foods are quickly seen and felt as the body's nutritional needs are replenished. GODS PLAN is to take these juices in as fresh a state as possible with the enzymes and nutrients (vitamins, minerals) intact. Remember that when the plant is opened and the oxygen in the air comes in contact with the juices the vitamins are quickly lost. Also the enzymes (chemical catalysts that have no nutritional value yet signal the necessary secretions in the body necessary to break down the vitamins that they may be used), if lost render the juices ineffective. The need for a proper juicer as well as drinking the juices fresh eliminates this problem.

The following is a few juice formulas that work very well in cleansing and building the body. Alternate which you drink as desired – however notice that the first or **Vegetable Juice** formula is a good over all drink that builds.

The **Green Drink** is a powerful tissue and blood cleanser, though it does have good body building ability. The last Carrot and Beet formula is a **Blood Builder** and very easy to digest and assimilate for weak stomachs.

Juice Therapy

JUICE THERAPY:	Vegetable Juice:	8-12 oz/1 C carrot juice 4-6oz/1/2 C cucumber juice 2-4oz/1/4 - 1/2 C beet and/or celery juice (Optional) 1 clove garlic <u>16 oz/2-3 C drink fresh daily</u>
	Green Drink	4 oz /1/2 C carrots 4 oz /1/2 C celery 2 oz /1/4 C beets (sometimes available at Lucky Food Town or Farmer Joe/Hanna's/AQM) 1 oz /1/8 C parsley or basil 1 oz /1/8 C spinach OR LAUPELE 1 oz /1/8 C cabbage (CHINESE CABBAGE/KAPISI SAINA/WATERCRESS) 1 oz /1/8 C cucumber
	Blood Builder	Carrot (half) Beet (half) makes 8 oz (1 Cup)
FRUIT JUICES:	Alkalizing juice	2-3 C fresh pineapple juice Opt. squeeze of fresh lemon/lime juice
	Tropical fruit blend	Blend juice of 1 young coconut/niu with the flesh Add any combo of fresh pineapple, paw Pawpaw(esi), mango And local fruits excluding banana (NO BANANA as this is too heavy on the stomach) Drink 2-3 Cups

OUTLINE SCHEDULE FOR CLEANSING – Day 1 and 2 : You may change the schedule to suit your personal needs- e.g. start at 5am if you work

6.00 am	Personal Prayer & Study Time
6.30 am	Walk
7.00 am	Isotonic Solution flush or enema/alternative option
9:00 am	Prayer and Rest Vegetable or green drink
11:00 am	Nutritional Supplement if needed

	Vegetable/green drink
5:00 pm	Walk – sunlight
6:30 pm	Optional supper – this juice can be fruit or vegetable (you may blend the juice of 1 young coconut; niu with its juice)
7:00 pm	Personal Prayer & Study Time
8:00 pm	Shower/Clean up for bed
9:00 pm	Bedtime

DRINK WATER 10+ Cups or Lemon Water Tonic: (The juice of 2 lemons into 1 L of distilled or purified water) - throughout the day

Day 3 – follow program for Day 1 & 2 but take liver flush formula before going to bed

8:00 pm Liver Flush – after drinking, ½ C of fruit juice may be taken to wash away the lemon taste. Then go straight to bed, and **sleep on your right side for 4 hours**.
(You may experience a bit of pain and tummy rumbles especially if you have gallstones that are being emptied out).

To help with the nausea, add 2 slices of fresh ginger and blend together with the liver flush formula. OR drink a Cup of ginger tea (hot water & 3 slices fresh ginger) before drinking the liver flush.

Day 4

6.30 am	Isotonic flush		
	Breakfast	Raw fruit/fruit salad Dry, whole grain bread	2 servings 1 serving (optional) – available at most Supermarkets
	Dinner	Raw fruit or vegetables Dry, whole grain Bread	2 servings 1 slice (optional)
	Supper	Optional or omit	

Day Five:	Breakfast	Fruit meal (2/3 kinds of fruit)
	Dinner	Raw and/or steamed Vegetable meal (e.g. steamed laupele with garlic) (Steamed 2/3 kinds)
	Supper	Optional or omit

Day 6-21: You may continue eating raw/steamed diet for 21 days or begin maintenance diet

After the cleansing program is over – FOLLOW A HEALTH MAINTENANCE DIET

After a cleanse of the blood, colon and certain body organs in conjunction with proper hydration followed by vegetable juice regime, we are ready to look at diet change for a **lasting program or lifestyle change**. The three-step program is for cleansing and building the body's abused digestive and eliminative system with water and concentrated herbal (vegetable) drinks that supply deficient vitamins and minerals needed for proper body function. Once this is accomplished to a reasonable degree, we can more successfully add correct diet principles to this third avenue to health.

The first two days after the cleansing program, your diet should consist of raw fruits in the morning, raw or steamed vegetables at noon, and an optional meal in the evening of fruit or vegetable broth. You may continue with the 21-day program or alternatively on the third day after the cleanse (day 6 or

ITEMS NEEDED FOR THIS PROGRAM:

- Pure drinking water
- Non-iodized Real Sea salt for Isotonic solution
- Juicer (if you don't have a juicer, then just squeeze fresh oranges and drink and have your niu juice) AND blender for the fruit smoothie or tropical fruit blend & Liver flush.
- Extra Virgin Olive Oil – ½ C for liver flush

Vegetables (approximate amounts for 1 person on the 3 day fast)

Carrots: 4-6 small plastic bags or ½ large wholesale bag – if you are doing this as a group, it is more economical to buy a 20kilo (\$55.20)/10 kilo (\$27.60) bag from Ah Liki Wholesale. (PRICES ARE ESTIMATES ONLY @ AUGUST 2009)

Cucumbers: 2 bags
Chinese Cabbage or Spinach or laupele
Garlic

Optional:

Celery
Beet
Parsley or basil

Fruit

Pineapple
Niu
Pawpaw
Mango
Sasalapa (Sour sop)
Fresh local fruits e.g. abiu excluding banana are optional
Lemons /Limes– enough for ½ C of juice for the liver flush + any number of additional lemons
For drinking with your water

Please call Tertia if you need any of the following (available from garden at Ululoloa)
-laupele, basil, lime, pawpaw, curry leaves

Fruits – To Bulk Buy : Call the team at Atele on 23341 and ask for Tamo'e or simply place your order by the crate (Pink flesh esi- \$15/crate; sasalapa - \$15/crate; moli Samoa - \$20/crate; rolina - \$15/crate). They can deliver to you within town area.

MAINTENANCE DIET & HEALTHY HABITS TOWARDS A HEALTHY LIFESTYLE

TALK TO OUR HEALTH TEAM WHO ARE HAPPY TO DISCUSS WITH YOU HOW YOU CAN JOIN OUR

**HEALTH COOKING CLASSES
&
HOME GARDENING SESSIONS
&
NATURAL REMEDY CLASSES**

HELP YOURSELF LIVE & ENJOY A HEALTHIER & BETTER LIFESTYLE.

PLEASE NOTE THAT THIS CLEANSING PROGRAM, THE HEALTH COOKING CLASSES & HOME GARDENING SESSIONS & OTHER HEALTH PROGRAMS, IS FREE OF CHARGE.

References:

1. Three Angels Missionary College, Fiji (Shona Jennings)